



WILLIAM T FUJIOKA
Chief Executive Officer

County of Los Angeles CHIEF EXECUTIVE OFFICE

Kenneth Hahn Hall of Administration
500 West Temple Street, Room 713, Los Angeles, California 90012
(213) 974-1101
<http://ceo.lacounty.gov>

June 22, 2011

To: Mayor Michael D. Antonovich
Supervisor Gloria Molina
Supervisor Mark Ridley-Thomas
Supervisor Zev Yaroslavsky
Supervisor Don Knabe

From: William T Fujioka
Chief Executive Officer

A handwritten signature in black ink, appearing to read "WTF", followed by a stylized flourish.

Board of Supervisors
GLORIA MOLINA
First District

MARK RIDLEY-THOMAS
Second District

ZEV YAROSLAVSKY
Third District

DON KNABE
Fourth District

MICHAEL D. ANTONOVICH
Fifth District

2011 NACo ACHIEVEMENT AWARD - COMMUNITY AND SENIOR SERVICES

It is my pleasure to advise you that the Department of Community and Senior Services (CSS) program entitled, "Be Well" Senior Program Community Partnership has been selected for recognition by the National Association of Counties (NACo) 2011 NACo Achievement Award. Ms. Cynthia Banks and staff are to be commended.

"Be Well" Senior Programs and Community Partnership is a fitness and exercise program that provides nutritional counseling, low impact exercise and weight management specifically designed for moderate to "high risk" seniors with chronic medical or health conditions. "Be Well" high-risk seniors have demonstrated a lower use of emergency room services, hospital services and skilled nursing services when compared with high risk health markers of high risk seniors.

This very innovative program clearly exemplifies how educating our seniors regarding healthy lifestyle choices can enhance their quality of life and independence. Please join me in congratulating CSS on this achievement.

WTF:AJ:DS
RMG:ljp

Attachment

c: Community and Senior Services

2011 NaCo Achievement Award.bm

"To Enrich Lives Through Effective And Caring Service"

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Intra-County Correspondence Sent Electronically Only**



June 7, 2011

Stephanie Maxberry
3175 W 6Th St
Los Angeles, CA 90020-1708

Dear Stephanie Maxberry:--

Congratulations! I am pleased to announce that your county has been awarded a 2011 NACo Achievement Award for the program entitled, *"Be Well" Senior Programs Community Partnership*. In this 42nd year of the Achievement Award program, NACo is extremely pleased with the high caliber of county programs and projects. NACo is proud to confer this award and recognize your county's hard work to promote quality, efficient, and responsive management and administration.

NACo greatly appreciates Los Angeles County's participation in this year's Achievement Award program. In addition to giving us an opportunity to formally recognize effective and creative programs, this program enhances our awareness of county activities and allows us to share valuable information with other counties across the nation.

As you may know, NACo recognizes award winners in several ways. A list of winning programs will be available via NACo's website at <http://www.naco.org>. Summaries of award winning programs will also be included in our Model Programs database. In addition, over the next several months, selections of award winning programs will be highlighted in a *County News, Focus on Achievement* column.

We also offer a variety of commemorative items to reward yourself and other employees and to celebrate the county's winning efforts. A website has been created for Achievement Award winners at www.easttwest.com. Please click on the NACo logo for access to the store.

This year, NACo will host the 15th Annual Awards Ceremony during our 2011 Annual Conference in Multnomah County, Oregon. This reception is scheduled for Sunday, July 17, 2011, 3:30 pm – 5:00 pm in the Oregon Ballroom 203 at the Oregon Convention Center. During this ceremony, Achievement Award winners will be collectively recognized and there will be an opportunity for you or your representative to have a photo taken with a NACo official. We hope you will be able to attend. Enclosed is your official invitation to the reception. Please RSVP to Matt Luce at 202.942.4276 or email at mluca@naco.org by June 24th, if you plan to attend.

Questions concerning the award program may be directed to Jacqueline Byers at 202.942.4285 or jbyers@naco.org, or Kathryn Murphy at 202.661.8806 or kmurphy@naco.org.

Congratulations on your county's accomplishment!

Sincerely,

Larry Naake
Executive

Director

Enclosures

2011 NACo Entry

Program Summary

"Be Well" Senior Programs Community Partnership

1. Abstract of the Program

The increasing aging population compounded with increasing health care costs and emergency room overcrowding, Community and Senior Services made the strategic decision to support Los Angeles county's elderly population by focusing on "high risk" seniors through encouraging healthy lifestyles.

"Be Well" Senior Programs and Community Partnership is a fitness and exercise program that provides nutritional counseling, low impact exercise and weight management specifically designed for moderate to "high risk" seniors with chronic medical or health conditions. Pre and post fitness and medical testing is provided over a four-month period as part of the participants eligibility requirements. "Be Well" high-risk seniors demonstrated a lower use of emergency room services, hospital services and skilled nursing services when compared with high risk health markers of high risk seniors.

2. The Problem/Need for the Program

Los Angeles County Department of Community and Senior Services Area Agency on Aging CSS/AAA provides nutritionally balanced meals in-group settings to help seniors maintain or improve both their physical and social well-being. Through this service, staff develops close relationships with seniors and learns about their challenges and struggles. A large number of seniors expressed concern over their inability to keep their weight under control or to lose weight as prescribed by medical or health care professionals.

3. Description of the Program

CSS/AAA designed a program for "high risk seniors" entitled "Be Well". The program included nutritional counseling, low impact exercise and weight management. The goals of the program were to improve health self-management, reduce hospitalizations, remain independent and improve the quality of life for participants.

CSS/AAA staff recognized that for the program to be successful they would need to enlist community partners. They reached out to Inglewood Community Center (Center operated by the City of Inglewood that CSS utilized.) The City supported the idea and reached out to Kaiser as a partner as well. The final project partner was Partners in Care, which provided pre and post testing to ensure the program was meeting its goals.

Highly skilled registered dietitians and other medical and exercise professionals provide one-on-one consultation with seniors to establish their goals. Participants attend intensive nutrition/health education and exercise sessions three hours per day twice for a week for four months. Participants are

also equipped with participant manuals, pedometers, and use a scale, blood pressure machines, body fat machines, weights and food supplies.

After completing the intensive program, participants can attend continuing maintenance sessions three hours per day once a week to reinforce and maintain their changes in health promoting behaviors and to continue self-monitoring progress toward their individualized goals.

The program has been so successful that it is now available at nine (9) of CSS's nutrition sites. "Be Well" was recognized as an evidence-based program by the American Dietetic Association.

4. Use of Technology

The Social Assistance Management System (SAMS) tracked data for each participant in order to meet State of California reporting requirements. However, the Contractor tracks individual participant outcomes internally to measure participant progress.

Standard medical tools were used to measure participant's initial and final measurement including scales for height and weight, Body Mass Index (BMI), Body Composition (fat), Waist/Hip Ratio, blood pressure.

Laboratory analysis including initial and final blood test-lipid differential, Complete Blood Count, Comprehensive Metabolic Panel, depression scale PHQ9 and Beck Inventory and Medication Management to prevent adverse food-drug and/or drug-drug interaction.

Staff conducted fitness tests using Senior Testing Tool designed by the University of California, Fullerton-Physical Therapy Department.

5. The cost of the Program

In Fiscal Year 2010-11 (July – December) the "Be Well" program cost was \$47,925.

6. The Results/Success of the Program

"Be Well" is a successful program. In 2008 "Be Well" received the Network of Multicultural Aging (NOMA) award sponsored by the National Council on Aging and the American Society on Aging in Washington DC. "Be Well" was recognized by the American Dietetic Association. "Be Well" will also be presented at the ASA Aging in America conference in San Francisco in April 2011. Other nutrition sites in Los Angeles County duplicated "Be Well".

Over four hundred and eighty (480) seniors participated in the "Be Well" program during Fiscal Year 2009-10 in nine senior and community sites. The body composition of senior were tracked periodically and provided with a pre and post test. The chart below shows the longitudinal improvements:

Body Mass Index	Pre "Be Well" Participation	Post "Be Well" Participation
Underweight	5.3%	4.3%
Healthy Weight	21.0%	32.5%
Overweight/Obese	72.4%	61.5%

One of the accomplishments of the program is to increase muscle and to reduce body fat. "Be Well: seniors showed significant improvement in chest, waist, and leg measurements. When seniors increase muscle mass, falls are reduced, injuries are reduced and consequently their quality of improves.

The "Be Well" program continues to be successful in engaging and retaining seniors. The pre and post testing shows the "Be Well" program participants have:

- Decreased blood pressure;
- Improved diabetic's blood sugar readings and reduced nutritional scorecard; and
- Increased mobility, reduced use of walker/canes and decreased falls and injuries.

Participants in the "Be Well" program showed improved physical and emotional health. There were significant reductions in depression measured by using the Patient Health Questionnaire. Analysis of the baseline change after the participant's "Be Well" program four month participation showed significant reduction in depression scores.

The "Be Well" Senior Programs Community Partnership showed significant impact on a myriad of health indicators for the participants. The program was very successful in reducing emergency medical services used for both the emergency room, the hospital and clinic outpatient services and for maintaining the health status of the participants. The program also promoted the well-being of seniors by connecting them with resources and services that promote their independent living.

7. Worthiness of an Award

The "Be Well" Senior Programs is an innovative, collaborative project that promotes proven service models and prevention principles that are population-based, client-centered and family focused. "Be Well" Senior Programs Community Partnership also creates a physical environment that is conducive to good health, by encouraging and enabling Los Angeles County residents to make healthy choices about their diet, physical activity, and other behaviors.